Mexican Chicken Soup

3-4 cups shredded cooked chicken

2 cups chopped onions (2 onions)

1 cup chopped celery (2 stalks)

2 cups chopped carrots (4 carrots)

4 large garlic cloves, chopped

2 1/2 quarts chicken stock, preferably homemade

1 (28-ounce) can crushed tomatoes

1 poblano pepper, seeded and minced

1 teaspoon ground cumin

1 teaspoon ground coriander seed

1/4 to 1/2 cup chopped fresh cilantro (optional)

Toppings

Sliced avocado

Sour cream

Cheddar cheese

Tortilla chips

Heat 3 tablespoons of olive oil in a large pot or Dutch oven. Add the onions, celery, and carrots and cook over medium-low heat for 10 minutes, or until the onions starts to brown.   Add the garlic and cook for 30 seconds.

Add the chicken stock, tomatoes with their puree, jalapenos, cumin, coriander, 1 tablespoon salt (depending on the saltiness of the chicken stock), 1 teaspoon pepper, and the cilantro, if using.

Bring the soup to a boil, then lower the heat and simmer for 25 minutes.

Add the shredded chicken and season to taste.

Serve the soup hot topped with sliced avocado, a dollop of sour cream, grated cheddar cheese, and broken tortilla strips.